

Lesson №18

Videos: 1. Parenting Classes for Fathers - Is a Dad Course a Waste of My Time & Money?

Article Should Parents Take Parenting Classes – Its Pros and Cons

I'm sure all you parents would agree with one thing: parenting is one of the most complex jobs and nowadays looking for a little help is accepted. To keep with the times, as parents, you're always keen to try different techniques, classes and even methods to make communication seamless with your child.

What are Parenting Classes

Parenting classes are developed around how you can cope with your child's development, different types of parenting and discipline styles, how to use effective communication with your child and how to deal with constantly changing feelings within you and your child as well. These classes provide you with the right resources and help to evolve and better your skills and educate you on different techniques to use at home when communicating with your child. These classes cover a variety of topics to discuss and will give you parents valuable lessons and tips on how you can raise your children. Since there are different kinds of parenting classes depending on your situation. For example, in baby parenting classes, most of the subjects discussed revolve around basic baby care issues such as bathing, changing and breastfeeding your baby to emergency care and first aid. Attending these classes often present you with the opportunity to learn basic parenting skills, how to use positive guidance with your child and also allow you to ask questions in a safe setting about raising your child. These classes are also a place to befriend parents who share similar parenting dilemmas.

Why Should Parents Take Parenting Classes

These days, parenting classes like to incorporate research, philosophy and existing experience knowledge to bring about a more holistic approach to parenting. This has proved to bring about substantial results, and we believe that there are benefits of taking parenting classes such as:

1. Utilizing the research for the best outcome

Parenting classes and workshops will help you stay updated on the different studies and research on different parenting methods; it's outcomes, and how it could affect your relationship with your child. Scientific data on how your child is developing with the changing world can prove to be significant, especially when it comes to an understanding of your child's psychology. Why not use it to better your parenting skills and avoid making errors.

2. Mastering the basics of parenting skills

If you've done your share of babysitting or handling a younger sibling, then basics such as changing diapers or feeding a baby are something you've mastered. But, if

you're lacking experience in taking care of a baby or a toddler, it can be overwhelming to even think about an infant that will be dependent on you. Parenting classes will help you overcome all those fears and anxiety of dealing with a child and develop the skills that will help you take care of your infant.

3. Understanding how to breastfeed

Breastfeeding isn't an easy task, especially if you've never done it before. It's considered to be the best bonding connection between the mother and child. It's the best nutrition for your baby and a great way to lose the weight put on during pregnancy. You will get this and feel the confidence of handling your baby from a breastfeeding expert at a parenting class. New mommies, you don't have to worry, be confused or get frustrated at the idea of breastfeeding anymore.

4. Prepped and ready for emergencies

Always be prepared for any emergency situations. As parents, the scariest thing can be if your child is choking or is having breathing issues. As a first-time mom, it is essential you know how to perform CPR on your baby or toddler. CPR classes for parents will help you deal with your child in a calm and composed manner if the situation ever occurs.

5. Create a new support system

If you're new and young parents, it is likely that your network of friends might not have children on any insights on how to parent. It would be equally tricky for them to give you the support you would need as a new parent. Parenting classes will help you interact with parents just like you or even experienced parents to help you deal with any issues. This will build your confidence and help you relate to many situations and find solutions to them.

6. Build your confidence

Planning and prepping always help when you're venturing out to take on big roles or responsibilities. That can be applied to when you become parents as well. Parenting classes will help you get ready to welcome your little one, and every step you need to take going forward. Making errors are part of the learning, but these classes will help minimize those and have a confident approach and a clear understanding of how to be a better parent for your child.

7. Choose the right parenting style for you

There are many well researched and developed parenting style promoted by psychologists and experts. The different style of parenting equips you to align a style that is perfect for you and your child. Depending on your beliefs and how you would

like to raise your child, you can choose and work on the style best suited for you and your child.

8. Teamwork with your partner

It's important for you and your partner to agree on how you both would like to raise your child. Parenting classes not only let you explore different parenting styles and methods but also discuss important questions on parenting techniques and methods. Communication is key, and these classes will help you unlock the many mysteries of the relationships.

9. Classes on managing your emotions

As a new parent, many things are new to you, and they can be overwhelming and frustrating. Your child might not always understand you and may not cooperate with you on many things, and this could drain you emotionally. Don't worry! Parenting classes teach you how to deal with such situations and helps you get the hang of how to handle your child while keeping your stress levels down. This enables your child to grow up in a non-abusive and stress-free happy environment.

10. The art of discipline

The disciplined style you deem right for your child is a very personal choice. It has to align with what your beliefs and values are. Parenting classes will help you identify the methods you can implement in a positive manner so as to create and maintain a healthy relationship with your child. These choices will also instil a sense of confidence in your child rather than fear.

11. Vaccination education

Your views on vaccination don't have to be the same as every other parent. It is important that as parents, you are well informed about vaccinations and its effects on your child. Some parents are all right with the standard vaccine schedules, and some avoid vaccines. Parenting classes can discuss the laws on the subject and even help you with the rules and requirements of the schools and child care centres near you.

12. Communicating with your child

Communication is key to any relationship! Communicating with your child is essential as they grow up. Parenting classes will focus a lot of different communication styles with your child that is best suited for different situations. It helps maintain a healthy, positive and happy relation between parents and kids. It also helps keep the line of communication open between you and child on all matters.

Types of Parenting Classes

The core of any parenting class is to establish a better relationship with your child through different methods. Irrespective of your family situation, your child's age, these classes guide you to be more confident and help raise your child to be more productive and to spread positivity in the community. If you're worried that you may not find a class most suited to you and your situation, don't worry. Every class is designed to guide you on the right path and will address every concern you have about parenting and your child through each stage in life. Here's a little insight into the different classes you can choose from.

1. Soon-to-Be-Parents Classes

As you're about to become new parents, you will have many questions, doubts and concerns regarding your child and parenting methods that you wish to implement, Right from childbirth classes, appropriate medical procedures, post-birth recovery methods, infant-care classes and safety classes. Should parents take parenting classes before having a child? Well, these classes will guides you through the nine months of pregnancy to when your baby is born and how to care for your child and for yourself.

2. Beginners and Baby Care Classes

Parents looking for expert advice on how to change diapers, feeding your baby, how to deal with your emotions and what methods to incorporate to support infant development, well, this is the class for you! That's right, newborn parenting classes for folks looking to address all of this, you will be provided with expert advice on everything. Right from how to care for your child to what you can do to implement early cognitive development for your child.

3. Infant Development Classes

As your child grows, there are situations you as parents would love some insight on how to deal with. Tantrums, potty training or even the development of social skills are some of the issues your child will face as they grow up. There are classes that will help you tackle behavioural changes, psychological and physical development. These classes are not just for how to deal you're your child, but also to help you condition yourself as your child grows up. These classes will help you deal with your child right up to to the teenage years. These classes aren't just for mommies; there are parenting classes for dad's that guide you with how you can contribute to your child's upbringing as well.

4. Specific Requirement Classes

Parents, when we say that there are classes for all of your, we mean each and every one of you. If your child requires special attention, we have experts who will guide

you in such a case. Classes are specially designed for parents whose children are gifted or have developmental or medical challenges. There are classes, support, strategies, and resources provided to parents who wish to co-parent after a split, going through with adoption or even fostering children. These classes, such as co-parenting classes, help in enforcing a positive approach for the children whose parents are going through a divorce. Keeping your child's need as the primary concern is what these classes will help you deal with.

How to Find Good Parenting Classes

There are numerous parenting classes that are mushrooming across the country and it may be difficult given the choices are many. However, finding a good class is imperative as it can help in the long-term improvement of your child. Some of the things to look out for are:

- Go for a demo class to see if the classes are interactive. Are you being involved and engaged by the faculty or are you made to listen to some boring lecture? Pick the class which prioritises engagement as the learning curve is faster.
- Make sure you ask for the credentials of the instructor or trainer before enrolling. Are they adequately qualified or do they have enough experience? These are questions that need to be asked.
- The parenting issues that you face may need not necessarily be covered by the classes that you opt for. Have a thorough look at the curriculum and proceed only if you feel that you and your child can significantly benefit from the class.

Disadvantages of Parenting Classes

There are always people telling how you should raise your child, but as parents, you are always faced with the dilemma of what should be done. Turning to parent classes may not always be your answer. Do these classes actually help out parents facing difficulties in raising their children? Is it a recommended course of action that parents should rely on? Let's look at what can happen if parenting classes are not made compulsory

1. There is no set method of raising children. Every family is different, and so are the situations in which the child grows up. Thus, one rule is not applicable across the board.
2. Parents are aware of what is good for their children and what is bad. Instinctively, every parent will always strive to do what to do their best and provide for their children.
3. Parents need to spend time with their children. Getting to know your children by talking and doing activities with them is always more wholesome than spending time at these classes.

4. It's true that only you can understand your child. Experts will only know of the situations and analyse your child, but will never truly grasp your child's state.
5. Parenting classes have cultivated a herd mentality. To follow something that is turning you and your child's relationship into a business model is not worth it.
6. Parents, if you ever need help with any situation, there are relatives, friends and even professional counsellors you can turn to. Reading a book on parenting is also helpful.

Parenting classes have its benefits but being made compulsory is not fair! Parents can learn some constructive methods they can implement, but not every family needs it! One of the main issues why parents turn to these classes is because they feel they don't get enough quality time with their children to implement any parenting methods, well the answer is right in front of you. Spend time talking with your child and engage in positive and healthy activities. Discuss issues with other parents or counsellors if you can't seem to handle it, but it is important to communicate with your partner about what can be done. Parenthood is definitely no game, and a child does not come with an instruction manual! It is a challenge, and you need to spend time on figuring it out.

Essays:

Caring for children is probably the most important job in any society. Because of this, all mothers and fathers should be required to take a course that prepares them to be good parents. To what extent do you agree or disagree with this view?

It is true that parents **shoulder a huge responsibility** and that **raising children** is **by no means an easy task**. However, I completely disagree with the idea that we should **therefore force** all mothers and fathers to **attend parenting courses**.

In my opinion, the idea that all future parents should **take a parenthood preparation course** is **completely impractical**. **Many prospective parents** have jobs and **busy schedules**, and they may not be willing or able to **attend regular parenting classes**. **This raises the question of whether** those who **missed the classes, or perhaps refused to attend**, would be punished. I believe that it would be wrong to do this, and it would therefore be impossible to **enforce the idea of compulsory training for parents**. Besides, even if parents could be forced to attend, **I doubt that** people would **agree on** what good parenting **entails**, and so it would be difficult to create a parenting course to **suit everyone**.

As well as being impractical, I would argue that training courses for parents are unnecessary. Mothers and fathers have been **raising children** without any **formal help** or **official interference** for thousands of years. **Parenting skills** are learnt from family members, friends, neighbours and the **surrounding culture**. Perhaps more importantly, adults learn to be good parents **by instinct, by trial and error**, and by

getting to know their own children; for example, a good parent will try different strategies when **faced with a *badly-behaved child***, and will gradually develop an understanding of what works to correct the behaviour. None of this requires the **intervention of a taught course**.

In conclusion, while **compulsory** parenting lessons might **seem like a good idea**, **I believe that** **such a scheme** would **be unworkable and largely pointless**.